



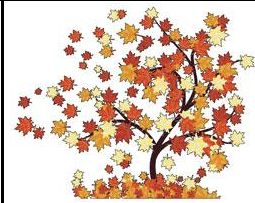


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Labor Day CENTER CLOSED <small>Labor Day</small>	1 9:00 Strength Tr. 2 11:00 Wii Bowling 11:45 Tuesday Trivia 1:00 Puzzle games	3 11:30 BP Self-check 12:45 BINGO	9:00 Strength Tr. 4 10:30 Video Exercise 10:30 Card Games 1:00 Walking group	5 10:30 Wal-Mart Shopping Trip Frederick, MD	 Month “Sew Much Fun” Butterfly Project 6
 Grandparents Day 7	8 CENTER CLOSED	9:00 Strength Tr. 9 11:00 Wii Bowling 11:45 Tuesday Trivia 5:30 Card Party	11:00 “Ask Nurse Steve” – Is that Contagious? 12:45 BINGO 10	9:00 Strength Tr. 11 10:00 <u>Visit Frederick Senior Center</u> 11:00 Craft Project 12:30 “Don’t let Arthritis get you down”	9:00 am – 11:30 12 No-Frills shopping trip to ALDI in WV 12:00 Chef’s choice lunch at center	13 National Chocolate Milkshake Day – served with lunch! September 12 th !
14 National Balance Week~Find an exercise class in your area to help with your balance.	15 CENTER CLOSED	9:00 Strength Tr. 16 PICNIC 10:30 – 2:00 Hosted by the Frederick Senior Center Picnic	17 11:30 Lunch out with Friends 1:00 Bingo at Brunswick House	9:00 Strength Tr. 18 10:30 Video Exercise 10:30 Card Games Today is National “Cheeseburger” Day! 1:00 Walking group	19 10:30 Wal-Mart Shopping Trip Charlestown, WV	20
 AUTUMN 21	22 CENTER CLOSED	9:00 Strength Tr. 23 11:00 Wii Bowling 11:45 Tuesday Trivia 5:30 Card Party- hosted by Cathy <small>Autumn Begins</small>	24 11:30 BP Self-check 12:45 BINGO	9:00 Strength Tr. 25 10:00 Mobile I & A 10:30 Video Exercise 10:30 Card Games 1:00 Walking group <small>Rosh Hashanah</small>	26 12:00 Chef’s choice lunch 1:00 Dollar Store Shopping	 7
28 <i>Brunswick Senior Center</i> “Where everyone is someone”	29 CENTER CLOSED	9:00 Strength Tr. 30 11:00 Wii Bowling 11:45 Tuesday Trivia 1:00 Puzzle games	